Discussion Questions

➢ How do you feel at this moment?
➢ Can you think of a more precise word to describe that?
➢ Why do you feel that way?
➢ What is causing you to feel that emotion?
➢ Are you showing that emotion? If so, how?
➢ Can anyone else remember a time that they felt that way?
➢ Does your current emotion benefit your current situation?
➢ What can we do to get our emotions back to a place that fits the situation?
➢ How can we increase our feelings of pleasantness?
➢ How can we increase or decrease our level of energy?
➢ What will happen if you continue to feel this way for the next few hours?
➢ How can you decrease the intensity of that emotion?
➢ What happened and how did that make you feel?

Source: Danielle Andersen, via Edutopia